

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Riverwalk, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:40 AM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
10:00 AM ~ 11:10 AM	Body & Brain Yoga (All levels)	Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
12:00 PM ~ 01:10 PM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)
05:30 PM ~ 06:40 PM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
06:30 PM ~ 07:40 PM		Core Strengthening		Tai Chi		Energy Movement	
08:00 PM ~ 09:10 PM		Core Strengthening		Body & Brain Yoga (All levels)			